

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Vol. 49, No. 27

www.laughlin.af.mil

July 13, 2001

the inside Scoop

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Health and Wellness Center has fitness equipment for use.

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"The cockpit was my office. It was a place where I experienced many emotions. It was a place of work, but also a keeper of dreams."

—Brian Shul



Photo by Airman 1st Class Brad Pettit

Honoring heritage

Staff Sgt. Ralph Smith, Life Skills drug and alcohol counselor, views the displays of Medal of Honor winners at the base's Enlisted Heritage Center Wednesday. Another memorial stand is needed to honor Airman 1st Class William H. Pitsenbarger, who was posthumously awarded the Medal of Honor in 2000. Carpenters interested in donating their skills should call Master Sgt. Mark Bowersox at 298-6373. Materials will be supplied.

Top Up program changes

By Airman Timothy J. Stein
Staff writer

A new law signed by President George W. Bush June 5 changes how education benefits are charged to people who use the Top Up program.

The Top Up program allows service members to use the Montgomery GI Bill to supplement off-duty tuition costs for education not covered by the tuition assistance program.

The Air Force currently pays 75 percent of tuition costs if an enlisted person chooses to take classes while on active duty. It is left up to enlisted people to come up with the remaining 25 percent. However, Air Force mem-

bers may decide to take advantage of Montgomery GI Bill benefits and can borrow money from the bill in order to make up the difference in tuition costs.

The original law treated Top Up payments as money borrowed against future GI Bill benefits. For example, a person who received \$360 in Top Up funding would receive only \$640 per month, instead of the maximum \$650, in future GI Bill benefits. This number is reached by taking \$360 and dividing by 36, the number of months a student is eligible to receive GI Bill benefits, which comes to \$10. This money is subtracted from the rate of \$650 per

See 'Top Up,' page 5

New trade corridor to benefit base, Del Rio

By Master Sgt. Tom Hankus
Public affairs

The close relationship Laughlin Air Force Base shares with Del Rio means the economic news the city announced last week will also benefit the base and people stationed here.

Del Rio Mayor Dora Alcala dedicated the city's segment of the long-awaited Ports to Plains Southern Trade Corridor at Moore Park during holiday festivities July 4. Col. Jack B. Egginton, 47th Flying Training Wing commander, was on hand with other key city officials for the dedication.

Del Rio's portion of the 830-mile route, which will significantly cut travel time between the Texas/Mexico border and Denver, is planned to start at the overpass on U.S. highways 277 and 377, near Highway 90.

Although funding for this \$1.2 billion project has not yet been set aside, development plans include upgrading the existing route to a four-lane divided highway. Plans also include construction of a bypass loop at the entrance to Laughlin Air Force Base to relieve some of the base congestion, according to Sid Cauthorn, Ports to Plains Coalition vice chairman.

The Ports to Plains corridor is designated a high priority corridor under current federal legislation. It

See 'Corridor,' page 5



Commanders' Corner

By Lt. Col. Scott Wiebe

86th Flying Training Squadron commander

Role model duty can't be shunned

"I am not a role model!"

With those words, Charles Barkley, a former professional basketball star, started a furor over the role public figures play in popular culture, public values and behavior. My guess is that he meant he was not responsible for teaching values to the young people who watched him play, but I believe he was wrong.

I think everyone is a role model of some sort. The only choice we have is whether we're a positive or a negative role model.

The fact is, just about everything you and I do is known or seen by somebody else. That act or statement, if seen by another person, can and will influence that person. Seeing a professional athletic spit at someone or unnecessarily fouling an-

other player serves as a negative example. Someone who sees that behavior may get the idea that talented or wealthy people must act that way.

Just as with public figures, everything people in the Air Force do, on and off duty, serves as an example to others. That's especially true here at Laughlin. With all of our airman basics, who have just graduated technical training, and the second lieutenants, entering pilot training, the base has a disproportionate share of new Air Force members. You can't help but influence someone every day.

In this great Air Force of ours, we should always strive to be the best we can be so others can use us as their positive role model. Each one of us, through our daily conduct, is continuously teaching others how

to act and how to carry themselves.

"Integrity first" is often defined in discussions about our core values as "Doing the right thing when nobody's watching." While true, I think "Doing the right thing all the time" is probably a better definition. It's a stronger reminder that we should act as Air Force professionals on a continuous basis and always be a positive example to others.

Is anyone perfect? Of course not. I can think of things I wish I had done differently every single day. The goal for each of us should be to constantly strive for improvement — in our professional relationships and duties, as well as in our personal actions so others won't adopt our nega-

See 'Role model,' page 3

Top Three Talk



By Master Sgt. Christopher Evert

47th Operations Support Squadron Radar Approach Control assistant chief controller

Deciding to stay bears rewards, consequences

As a young boy growing up in the southwestern United States, my father taught me many things. He expected me to "stand on my own two feet" when I turned 18, pay my bills, put food on the table for my family, and have a roof over my head. He taught me to accept responsibility for my actions and to carefully consider all options before making important decisions.

More importantly, after making an important decision, I had to be prepared to accept the consequences of the decision, good or bad. I made a decision as a 16-year-old that I would enlist in the Air Force rather than go to college.

I entered the Air Force in Janu-

ary 1985 as an air traffic controller. My first assignment was to Randolph Air Force Base, San Antonio, where I received my initial training in control tower duties. I loved Randolph and San Antonio! I met and married my wife there and made lifelong friends.

I decided to reenlist in 1989, true to my initial plan, and volunteered for Royal Air Force Lakenheath, England. It was in England that I got my first taste of supervision. After "sewing on" staff sergeant, my supervisor quickly began preparing me for supervisory challenges. I loved working with young airmen arriving from technical school. They were eager to learn and had not developed the bad habits of some older Air

Force people. I have very fond memories of my time at Lakenheath, and to this day I remember many things that my boss taught me about supervision and leadership.

In 1994 I decided to extend my enlistment in order to return to the United States for what I hoped would be a one-year stint at Holloman AFB, N.M., then off to the Federal Aviation Administration. That didn't happen, but rest assured, it was my decision and mine alone.

After three years at Holloman, I made a decision to volunteer for a remote tour to Honduras. The Air Force sent me to Monterey, Calif.,

See 'Decision,' page 3

Border Eagle



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The Border Eagle is published every Friday, except the first week in January and the last week in December, by the Del Rio News Herald, a private firm in no way connected with the U. S. Air Force, under exclusive written contract with the 47th Flying Training Wing, Laughlin Air Force Base, Texas.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

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Editorial content is edited, prepared and provided by the Public Affairs Office of the 47th Flying Training Wing. All photographs are Air Force photographs unless otherwise indicated.

Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: bradley.pettit@laughlin.af.mil reginal.woodruff@laughlin.af.mil

"Excellence — not our goal, but our standard."

— 47th FTW motto

Correction

In the July 6 issue of the Border Eagle, Lt. Col. David O'Brien, 47th Aeromedical Dental Squadron commander, was incorrectly identified as Dan O'Brien.

'Role model,' from page 2

tive behaviors as their own. Constant improvement doesn't have to be a Total Quality Management buzz word – it can be a goal for our personal and professional development.

As with any systemic improvement, emphasis must be placed on not repeating the same behavioral mistakes. A supervisor who is having a bad day may not cause those around him to act surly, short or in any other way. However, if that same supervisor has a bad day every day, the folks around him are much more likely to adopt those attitudes and behaviors as their own. In the Barkley example, most would not think of him as a bad role model for a

single mistake. Yet, his repeated negative behavior is much more likely to have caused the negative reputation he may have to live with for the rest of his public life.

Being a role model is a fact of life. Folks watch you operate every day. Hopefully your actions allow them to put that example into their personal "kit bag" rather than to cause them to put it into their "I'm never going to be like that" bag. A worse result would be for them to take that negative example and adopt it as their own.

My bottom line is that you are a role model, like it or not. You don't get a vote. The choice we each have to make is what kind of role model we are.

'Decision,' from page 2

where I spent six months studying Spanish, followed by a one-year unaccompanied tour at Soto Cano Air Base. I left Honduras for my current assignment, in my wife's hometown of Del Rio.

I've met many challenges here and gained a great deal of experience in radar approach control operations. Again, my greatest joy here has been working with young airmen and helping them through the demanding training process. I get a great amount of satisfaction from watching them develop into solid air traffic controllers and professionals.

I have no particular reason I remained in the Air Force. There are tremendous benefits and opportuni-

ties available – tuition assistance, medical/dental coverage, affordable life insurance, worldwide travel, free training, a steady paycheck, a good retirement package and more.

Each time I reached a point in my career where I had to decide whether to stay in or get out, I carefully weighed my options and decided to stay the course. They were my decisions, not my friend's, not my supervisor's or commander's. Here I am, 17 years after leaving my father's house, confident I made the right decision.

The Air Force has been great to me. If you're committed it can be for you, too. However, staying or going is your decision to make. When you make it, be prepared to accept the responsibility and consequences.

Sexually transmitted diseases: Precaution is key to prevention

By Airman 1st Class

Irene Gaut

47th Medical Group Public Health apprentice

Yet another person sits before me. This one bleary eyed and uncomfortably quiet. A million thoughts race through my mind, probably even more through his. We both wish we didn't have to discuss the topic at hand.

As a public health technician apprentice, I talk with too many people who are caught in the sad battle against a sexually transmitted disease. Part of my job is to help get the word out and stop the spread of preventable diseases like STDs.

My job in the military is probably more vital than that of my counterparts in the civilian sector because illness in the military affects readiness.

According to the Navy Environmental Center in Norfolk, Va., the risk of STDs is two to five times higher in the U.S. military than in the civilian population. What's more, during times of military conflict the risk of contracting an STD is 50 times higher, and people are often exposed to rare or even drug-resistant STDs while deployed to other countries. However, we may be at a greater risk of disease at home.

According to the Centers for Disease Control in Atlanta, one in four teenagers and more than nine

million adults are currently infected with an STD. For a real shock, add that number to the 333 million new cases reported each year worldwide – 15.3 million of those cases in the United States alone. Public health officials estimate STD rates in the United States are 100 times higher than other industrialized nations.

If left untreated, STDs can cause sterility, extreme pain, total body illness, liver damage and even brain damage. If an STD is acquired during pregnancy or a person becomes infected with an STD during conception, it may lead to infant blindness, pneumonia or death. These diseases also increase the likelihood of contracting HIV/AIDS and Hepatitis, which can cause fatal liver damage.

Most STDs are treatable and, most importantly, preventable through abstinence or the proper, consistent use of male or female latex condoms, the only type of condoms recommended for STD prevention. Latex condoms are free at the base clinic's Public Health Office and the United Medical Center in Del Rio.

It maybe foolish to wish there were no diseases; however, we can stop the spread of STDs, and that gives me hope as I look into the eyes of the person sitting before me.

For more information on STDs or prevention methods, call Public Health at 298-6380.

Actionline

298-5351

rough problems that haven't been leaving your name and phone number, reply. It's also very useful in case more your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.



Col. Jack Egginton
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Military Equal Opportunity	298-5400
Equal Employment Opportunity	298-5879
FWA hotline	298-4170

Big savings

Lisa Bartram, military spouse, reviews the daily additions to the coupon exchange center at the Laughlin Commissary Wednesday. The coupon exchange center is new and allows commissary shoppers to trade in coupons they don't need for ones they do. Coupons are divided into several food and product categories to make it easier for customers to find the ones they need.



Photo by Airman 1st Class Brad Pettit

Newsline

Retirement scheduled

A retirement ceremony for Tech. Sgt. Kathy Harting, 47th Services Division, will be held at Club Amistad at 3 p.m. Monday.

For more information, call 298-5159.

Heritage committee meets

A Laughlin Heritage Celebration meeting will be held at the Fiesta Center at 3:30 p.m. Monday.

For more information, call 2nd Lt. Shanna Latimer at 298-5304.

Cessation class to meet

The next tobacco-cessation course begins Tuesday. Classes will be held in the Health and Wellness Center conference room Tuesdays at 11:30 a.m. and 4:30 p.m.

For more information, call Maj. Nina Watson at 298-6463 or Tech. Sgt. Ray Fernandez at 298-6464.

Diabetes class offered

A diabetes management class will be held in the Laughlin Clinic training room from 8 to 11 a.m. Thursday.

For more information, call the Health and Wellness Center at 298-6464.

Change of command set

The 86th Flying Training Squadron will hold a change of command on the flightline in front of the Operations Training Complex at 8 a.m. July 20. Lt. Col. Scott Wiebe will relinquish command to Lt. Col. Robert Rosedale.

Induction ceremony set

A senior NCO induction ceremony is scheduled for 7 p.m. July 28 in the Club XL ballroom.

For more information or to R.S.V.P., call your first sergeant or Master Sgt. James Moon at 298-5372 or Master Sgt. David Morrison at 298-6415.

Red Cross office moves

Laughlin's American Red Cross is relocating to the medical clinic located at 590 Mitchell Blvd., Suite 373.

For details, call 298-6315 or 775-8626.

Complaint numbers given

If you have a customer complaint or feedback on base grounds contractors, call Dee Robles at 298-4256 or Pat Lunn at 298-5247.

Water confidence reports now available

Compiled from staff reports

The Laughlin and Amistad Lake water consumer confidence reports are now available.

The CCR is an annual water quality report required of all community water by the Safe Drinking Water Act. The purpose of the CCR is to inform consumers about the source and overall quality of their drinking water.

The Laughlin and Amistad Lake water supplies meet all safe water drinking requirements, except for turbidity. Turbidity is suspended or stirred up particles or sediment found naturally in water. Turbidity has no health effects; however, it can interfere with disinfection and provide a medium for microbial growth.

Del Rio is currently preparing to build a new

filter treatment plant in order to lower turbidity levels to required standards. However, the Laughlin and Amistad Lake water supply is still safe to drink.

For more information on turbidity, or for a copy of the CCR report, log on to www.laughlin.af.mil/47ftw/med/index.html. This site also lists key points of contact and answers frequently asked questions.



Copies of the report have been sent to the Texas Natural Resource Conservation Commission and delivered to base housing and dorm residents, as well as the child development center and youth center. Additional copies can also be obtained at the Book Mark Library.

For more information, call the Bioenvironmental Engineering Flight at 298-6806.

**For the latest edition of Air Force Television News
turn to local cable channel 34**

Randolph spouse wins Mrs. Texas International title

As a military spouse, Melissa Behnke has been asked to pick up everything and move to different places, change careers and sometimes spend time alone while her husband secures his nation's freedom in the cockpit of an F-15.

But as of June 30, Melissa's husband, Maj. Tom Behnke, the chief of F-15C assignments at Randolph Air Force Base, will have an opportunity to do a little following of his own as he tags along to Pigeon Forge, Tenn., for his wife's chance to represent Texas in the Mrs. International competition Aug. 13-18. After winning the Mrs. Texas International competition June 30, Melissa, the unofficial queen of the Behnke household for the past two and a half years, has officially received her crown.

"It's all really happened so fast that I haven't had a chance to sit down and think about what's going on," said Melissa, who competed as Mrs. Stone Oak, the area in San Antonio in which she lives. "It's all so surreal."

Happening fast? From the time Melissa submitted her registration to the time she set foot on stage at San Antonio's Airport Hilton was less than 48 hours.

"The pre-pageant events actually started Friday night at 6 p.m.," Tom said. "I attended alone because Melissa couldn't get off work until nine (p.m.) or so. She hurried as fast as she could and made it for the most important things."

Reminiscent of the college days, the Behnkes pulled an all-nighter writing Melissa's speech and fine-tuning everything else.

"We were up until 2 a.m. or so finishing my platform," said Melissa. "The speech and inter-

view portions were especially important not only because of the weight they carried, but because it was the only part we could control at this point."

The Mrs. International pageant was developed to promote married women, their accomplishments and commitment to family and marriage. The pageant has three different scored areas: 50 percent for the interview competition, 25 percent for the evening gown competition, and 25 percent for the physical fitness competition.

The judges confirmed Melissa and Tom's ability to cram for a test. Mrs. Stone Oak took home the prize for most photogenic, winner of the interview competition, winner of the evening gown competition, winner of the physical fitness competition and overall Mrs. Texas.

Tom said he is extremely proud of Melissa.

"Most of these contestants had months to prepare," he said. "A couple of them had gowns that cost around \$5,000, per-

sonal trainers to teach them how to win and an audience filled with family and friends. We didn't have time to gather friends, not to mention that there wasn't a ticket to be found anywhere."

The Behnkes will make the trip to Pigeon Forge – Melissa representing the state of Texas and Tom representing the Air Force. Contestants will represent each state, the District of Columbia, Puerto Rico, Russia, Singapore, Spain, the Ukraine, Bolivia and Canada. The pageant will take place at the Louise Mandrell Theater in Pigeon Forge Aug. 18 and be aired on television around that time. Check local listings for date, time and network.

(Courtesy of Air Force Personnel Center)

"It's all really happened so fast that I haven't had a chance to sit down and think about what's going on."

-Melissa Behnke

Randolph Air Force Base military spouse



(Courtesy photo)

Maj. Tom Behnke, chief of F-15C assignments at the Air Force Personnel Center, crowns his wife, Melissa, after she won the 2001 Mrs. Texas International pageant June 30 at San Antonio's Airport Hilton. Melissa will now compete in the Mrs. International competition Aug. 13-18 in Pigeon Forge, Tenn.

'Corridor,' from page 1

has the potential to spur positive economic development and significantly increase commerce in all affected local areas, to include Del Rio. And Del Rio's economic expansion would also mean more opportunities for Laughlin people.

"This route is an investment in our future," said John W. Johnson, Texas transportation commissioner. "It has a regional impact to the state's infrastructure and has potential to serve as

a crucial trade corridor for Texas and the rest of the country."

No target date has been set as yet for the start of this long-awaited construction project.

"The Ports to Plains trade corridor is very important to our friends and neighbors in Del Rio and the surrounding communities," said Col. Herb Foret, 47th FTW vice commander. "As partners, we look forward to this development and the great opportunities associated with such an upgrade in trade routes. We at Team XL are very excited for our neighbors."

'Top Up,' from page 1

month to come up with the new rate of \$640. This formula can be used with any amount borrowed in the Top Up program.

Under the new law, a student would pay back the money by losing time of eligibility instead of paying back a small amount at a time. For every \$650 borrowed in the Top Up program the student would lose one month of GI Bill eligibility. The example student, who received \$650 in Top Up funding, would

receive 35 months of GI bill funding under the new program.

The Top Up program may not be for people who want as much of their entitlement as possible after they leave the Air Force, said Kathy Craven, base education office counselor. However, for people who want to finish up their degrees while in the Air Force, the Top Up program is a good choice.

For details regarding the Top Up program, call the Laughlin Education Office at 298-5545, or log on to www.gibill.va.gov.



Photo by Staff Sgt. Kevin Gruenwald

The Thunderbirds perform precision aerial maneuvers demonstrating the capabilities of Air Force high performance aircraft to people throughout the world. The squadron exhibits the professional qualities the Air Force develops in the people who fly, maintain and support these aircraft. Pictured is a view from the fourth slot in the demonstration team's bottom-up pass, as the formation moves from Trail to Diamond.

Thunderbirds to make San Angelo appearance

GOODFELLOW AIR FORCE BASE – The Air Force Thunderbirds will perform during Air Fiesta '01 Sunday at Mathis Field in San Angelo.

Sponsored by the 17th Training Wing at Goodfellow Air Force Base, this is the only appearance by the Thunderbirds in Texas for the year 2001.

The elite F-16 demonstration team is the highlight attraction of the one-day air show, which will also feature other aerial performances and ground display aircraft.

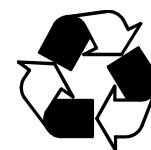
The event is free and open to the public. Food, beverage and other concession booths will be open throughout Air Fiesta.

For complete details about Air Fiesta '01, call the 17th Training Wing Public Affairs Office at (915) 654-3876, or visit the Air Fiesta site on the Goodfellow homepage at www.goodfellow.af.mil and click on "What's New."

For information about lodging, dining and other accommodations in San Angelo, call the San Angelo Chamber of Commerce Convention Visitor's Bureau at (915) 655-4136.



Recycle...



Twins follow father, become C-130 pilots

By Master Sgt. Shelby J. Sumner
189th Airlift Wing Public Affairs

Lt. Col. Robert Hill always told his daughters they could do whatever they wanted – the sky was the limit. Elissa and Leslie Hill took their father's advice to heart and are both "flying high" as C-130 Hercules pilots in the 189th Airlift Wing at Little Rock Air Force Base, Ark., where their father is also a C-130 pilot.

There is nothing unusual about family members working together in Air National Guard units. In fact, the Guard is known for being a family affair. But, the appearance of the Hill sisters around the wing has some people believing they are seeing double – the sisters are identical twins.

Leslie, the newest aviator in the family, just completed C-130 training and is now a qualified co-pilot. She recently graduated from the Aircrew Survival Training School at Fairchild Air Force Base, Wash.

"We [have not] been around that much together, but I'm getting remarks like 'you got your hair cut' from people who think I'm Elissa," she said.

This is not the first time the twins traveled in the same circles. Except for their first year of college, the two have been inseparable. They worked at the same summer jobs, took classes together and are currently roommates. They are best friends.

"If one of us didn't have a job, the other would get the other one hired," Leslie said.

After high school the two decided it was time they had their own identities and went to separate colleges. But, after just one year, they decided they did not like being apart. Leslie transferred to Elissa's college, where they shared a room, had all their classes together and joined the same sorority.

And when Elissa joined the Arkansas Air National Guard in 1993, Leslie was not far behind.

"I saw that I could bring home this extra paycheck every month and have the educational benefits," Leslie said.

She joined Elissa as an imagery analyst in the 123rd Intelligence Squadron.

By that time, Elissa was already looking into becoming a C-130 pilot. After she was accepted, it was just a matter of time before Leslie joined her.

With some encouragement from Master Sgt. Buddy Burns, 189th AW recruiter, Leslie took the officer qualification test and scored well. Burns persuaded her to take flying lessons and see if she wanted to fly planes like her sister and dad. After only one lesson, she returned to Burns' office and said, "sign me up."

Although Department of Defense regulations prohibit family members flying together, the Hills hope to obtain a waiver for their father's final flight in about 13 months.

(Courtesy of Air Force Print News)

The XLER



Photo by Airman Timothy J. Stein

Tech. Sgt. Kathy Harting
47 Services Division
lodging manager

Hometown: Sutton, W. Va.

Family: Husband, Ricky; sons, Joe, 17, and Jimmy, 16; daughters, Ashley, 8, and Victoria, 3; pets, Buster, the basset, and Sofie, the Persian

Time at Laughlin: 4 years, 4 months

Time in service: 19 years, 9 months

Name one way to improve life at Laughlin: More rain and cooler weather

Greatest accomplishment: Being an attentive wife, a good mother and completing 20 years in the Air Force

Hobbies: Crafts

Bad Habit: Too much coffee in the morning

Favorite food: Crab legs

Favorite beverage: Sweet tea and margaritas

If you could spend one hour with any person, whom would it be and why? My mother. I don't see her as often as I like, due to my military commitment. I love her to death.

Where are they now?

Name: 1st Lt. Steven J. Bonneau

Class/date of graduation from Laughlin: Class 00-04,
May 1999

Aircraft you now fly and base you are stationed at:
C-130E, Pope Air Force Base, N.C.

Mission of your current aircraft? Tactical airlift

What do you like most about your current aircraft? It
is a safe, proven aircraft with a wide variety of mission
capabilities.

What do you dislike most about your current aircraft?
Lack of modern avionics and maintenance problems due to
age

**What was the most important thing you learned at
Laughlin besides learning to fly?** I worked in wing
safety for a few months prior to my class start date. Work-
ing with Lt. Col. Silver, then chief of safety, and his staff, I
learned some of my first lessons as an officer about work-
ing with various base agencies.

**What is your most memorable experience from
Laughlin?** My first T-37 solo and being tossed in the pool

**What advice would you give SUPT students at
Laughlin?** There's not much to say except that it does get
better after UPT. Just stay focused and do your best.



(U.S. Air Force Photo)

Chapel Schedule

Catholic

Sunday

- Mass, 9:30 a.m.
- Confession by appoint-
ment
- Little Rock Scripture
Study, 11 a.m. in Chapel
Fellowship Hall

Thursday

- Choir, 6 p.m.

Muslim

Dr. Mostafa Salama,
call 768-9200

Jewish

**For more information on chapel events and
services, call 298-5111.**

Max Stool, call
775-4519

Protestant

Sunday

- General worship, 11
a.m.

Wednesday

- Women's Bible Study,
12:30-2:15 p.m. at
chapel
- Choir, 7 p.m. at chapel

Question of the week **How did you observe Enlisted Appreciation Day?**



Capt. Chad Diederich
*Legal office deputy staff
judge advocate*

"I tried to thank them for the motivation, work ethic, discipline and teamwork I see every day by organizing and officiating a basketball game, as well as thanking them individually."



Maj. Donna Mitchell
*47th Mission Support
Squadron commander*

"Our enlisted members are an essential element of our total force and are integral to our mission. I appreciate my enlisted troops every day. I got out there and supported the events."



Lt. Col. Sharon Wright
*47th Medical Operations
Squadron commander*

"I told them 'thank you' for the wonderful job they do and that we appreciate having them here. We couldn't do it without them."


Poor health, lost
income, jail,
discharge...
Ecstasy?
Maybe they should
change the name.

2 x 2 APPLE JAM

2 x 2 ROADRUNNER

D.R.N.H. Filler

2 x 3 Del Rio.COM



HIT THE BARS
AFTER WORK.

Happy hour is happier when the recreation you choose is good for body and mind. To learn more about how regular activity reduces your risk of heart disease, visit our web site at www.americanheart.org or call 1-800-AHA-USA1.

American Heart Association
Fighting Heart Disease and Stroke

This space provided as a public service.
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Softball Standings

(as of July 3)

American League

Team	Won	Loss
87 FTS	7	3
OSS	6	4
LSI	5	5
86 FTS	3	7
84/85 FTS	1	9

National League

Team	Won	Loss
Med Group	9	1
CES	8	2
Support	7	3
*East Inc.	4	6
*LCSAM	4	6
SFS	1	9

* Indicates forfeit



Pedal to the metal

Maj. Nina Watson, 47th Aeromedical Dental Squadron health promotion director, assists Tech. Sgt. Ray Fernandez, Health and Wellness Center NCOIC, on the options of the recumbent stationary bike. The bike and other fitness machines are available for use at the Health and Wellness center from 7:30 a.m. until 5:00 p.m. on weekdays.